



Wolf institutes new policy

Learn about the Wolf's new no-smoking policy.

See pages 3

NEWS BRIEFS

Saluting staff cars

It is a military custom for all subordinates, especially those in uniform, to render a hand salute when Musses with an O-6 license plate drive by. Commander Musses are clearly marked with colonel license plates on the front, and the names Wolf, Wolf 2, Falcon, Phoenix, Hawk, and Viper on the side windows. Everyone at Kunsan needs to comply with this time honored military custom.

Air Force needs female TIs

Senior airmen and above interested in Military Training Instructor duty can find information on how to apply by visiting the Web at www.lackland.af.mil/737web/main.cfm. Once there, click on the "Instructor Duty" link at the top right of the page. Those interested may also call Lackland Air Force Base's MTI recruiting team for information at DSN 312-473-1016 or commercial (210) 671-1016

Wanted: Protocol chief

Lt. Gen. William Holland, 51st Fighter Wing commander, is looking for a sharp, articulate major or lieutenant colonel from the 51st FW, 8th Fighter Wing or 7th Air Force, who is willing to extend or do a consecutive overseas tour, who would like to volunteer from any background to serve as Osan's Protocol chief. For more information, call Capt. Tanya Lee at 784-4538. To volunteer, contact Maj. Carl Williams, 51st Mission Support Squadron commander, at 784-8550 or Lt. Col. Patricia Searcy, 7th Air Force director of personnel, at 784-1016.

Physician assistant re-training

Applications for physician assistant training for classes beginning in January, April and August 2005 are being accepted Oct. 1 to Jan. 4, 2004. This program is open to active-duty enlisted Air Force personnel only. See Education and Training Course Announcement catalog, Chapter three, J50QA42G1-000, physician assistant (phase one), for course description, prerequisites, and application procedures.



Photo by Master Sgt. Jim Varhegyi

Gallant efforts

A firefighter from Arlington County, Va., escorts a volunteer victim through a simulated decontamination area in the Pentagon's south parking lot during exercise Gallant Fox July 24. Gallant Fox is a large-scale chemical, biological, radiological and nuclear-training exercise conducted by the Pentagon Force Protection Agency. The exercise provides training in responding to real-world mass casualty scenarios by various local emergency fire, police, medical and hazardous-material response units.



Photo by Staff Sgt. Chick Walker

BACK TO THE DEN: A flight crew performs post flight checks and maintenance on the Wolf Jet after its return from a sortie July 24 during exercise Beverly Bulldog 03-03, a Peninsula Initial Response Readiness Exercise/Combat Employment Readiness Exercise. The exercise, which ran July 21-25, was designed to test the wing's ability to prepare people, weapons systems, and equipment for its wartime contingency tasking and execute that tasking. For more photos, see pages 6 and 7.

Wolf orders A-Town off limits

By 1st Lt. Herb McConnell
8th Fighter Wing Public Affairs

An incident in America Town involving threats against several Kunsan airmen Saturday caused a temporary ban of U.S. servicemembers from frequenting the area.

"We had an unfortunate incident in A-Town at closing time on Saturday night that turned violent, and there is an ongoing investigation, so we cannot discuss specific details," said Maj. Donald Wahonick, 8th Security Forces Squadron commander.

During and after the incident, security forces did an outstanding job in controlling the situation without escalating any further aggression. Some of the security forces airmen volunteered to get everybody out of A-Town as quickly as possible without any problems, said Wahonick.

"The Wolf put A-Town off-limits for a very good reason, as there have been some non-specific threats muttered toward and about American servicemembers since that incident. Our troops' safety is absolutely the most important issue here," said Wahonick.

"A-Town will be opened upon assurances that the troops will be safe there. The incident is still being investigated by the Korean National Police and security forces," said Capt. Patrick Dyson, 8th Fighter Wing Legal Office deputy staff judge advocate.

Chief Master Sgt. Aaron Ewing, 8th SFS security forces manager, says the most important point in all of this is the security of our forces, and that starts with each individual.

"You shouldn't consume so much alcohol that you can't control your actions," said Ewing.

When visiting A-Town, you have to act responsibly, says Staff Sgt. Suzannah Haley, 8th Operations Support Squadron commanders support staff NCOIC, who also acts as a security forces augmentee.

"You have to remember that if a member of the town patrol says, 'I'm sorry this is against the rules — you need to leave,' don't argue, just leave," said Haley.

"We're also guests in this country, so if there are any problems between

Korean nationals and military members, tell the town patrol as soon as possible. Don't try and handle it on your own because it could become a big issue," said Haley.

Haley says that it is possible to still have fun while remaining responsible.

"A-Town is there for us to have a good time and to provide a safe place that isn't too far from base to have fun with your

friends," said Haley.

"I feel safe in A-Town because I don't drink that much and I always take people with me. I'm usually in a big group of people. It's important to have at least one friend with you, or a wingman," said Haley.

Wing members also need to be vigilant about suspicious activities. "If you see a suspicious package, let a patrol member know right away," said Haley.

Haley's final piece of advice is to have a good time, but "conduct yourself like the town patrol is watching because they always are."

"Our troops' safety is absolutely the most important issue here."

— Maj. Donald Wahonick
8th Security Forces Squadron commander

PACAF celebrates 59 years

By Gen. Bill Begert
Pacific Air Forces commander

Pacific Air Forces celebrates 59 years of continued service as America's provider of air and space power in the Pacific theater Sunday.

The challenges in PACAF are formidable. Our area of responsibility covers 105 million square miles and is home to 60 percent of the world's population with 1,000 languages and dialects spoken in 73 countries and territories. An area rich in resources, more than 30 percent of U.S. trade is conducted with Asian-Pacific markets.

Political, military and economic tensions in this immense expanse are frequent and capture the world's spotlight on a recurring basis.

Yet our contributions are apparent every day in the theater and around the world as we collectively execute the Global War on Terrorism. From Baghdad to Bagram, from the Philippines to India, and from the four corners of the Pacific Ocean, PACAF airmen are serving our great nation. Operations Enduring and Iraqi Freedom plus a host of vital global cooperation exercises could not have succeeded without the combatant and expeditionary combat support forces PACAF provides.

The road ahead looks bright for our command, promising new airlift and reconnaissance aircraft such as the C-17 and Global Hawk to complement the full-service PACAF reputation; changes in the civilian personnel system promise to increase recruiting, retention, and rewards for the people in PACAF for mission accomplishment; and base restructuring will ensure the necessary infrastructure matches our mission and troop strength.

As we move toward our sixth decade in service, I am proud to command such a talented and dedicated force. Together we can overcome the threats and challenges of a new century. Happy birthday PACAF.

Action Line 782-5284 action.line@kunsan.af.mil



Col. Robin Rand
Commander, 8th Fighter Wing

The Action Line is your direct line to me. Use it if you have concerns or suggestions about the Wolf Pack that can't be resolved through the agency involved or your chain of command. When you call, please leave your name, a phone number where you can be reached and a brief description of your problem or concern. You can also send an e-mail to action.line@kunsan.af.mil.

AAFES Customer Service.....	782-4426
Area Defense Council.....	782-4848
Base Exchange.....	782-4520
Chapel.....	782-4300
CES Customer Service.....	782-5318
Commissary manager.....	782-4144
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Dorm Concerns

Q: I'm a staff sergeant in the 8th Communications Squadron. I have a concern I would like to bring to your attention. I have been told staff sergeants in my squadron have to double up due to limited space in the dorm. Here are my concerns:

Room space — I measured the

rooms in building 1406. They are 12' x 15'. Each person coming to Korea is allowed 500 pounds. That space does not allow two people to set up their own personal space comfortably with a television, computer, etc., and makes it almost impossible to unwind and have any personal time after working a full day. I've worked hard to make staff sergeant and feel the benefits of becoming an NCO are not being provided.

Room conditions — The room conditions in Dorm 1406 are unhealthy. Most bathrooms don't have a ventilation fan and the walls have water stains. The shower backs up with water causing it to take up to 30 minutes to drain. Due to the lack of ventilation mold and mildew grow on the walls.

Lack of planning — This is my biggest problem. This is the second and third move for most of us, and it's getting very stressful. I've talked to the dorm manager and he said there are still not enough rooms in the dorms. We might have to move again. Some people are moving out of their rooms to another room just to move back into their old room. No one knows when the next move is going to be. Should I plan on living out of my suitcase? I took pride in my room. I replaced the flooring to try to make my room a home away from home.

I have a couple possible solutions:

Dorm integrity — This is my second time at Kunsan and it was not a problem before. Dorm integrity is limiting the amount of rooms available. Maybe if we stray away from dorm integrity we won't be moving every time the Patriot is full.

Off-base — Allow those technical and staff sergeants who have the means, to move off base.

In conclusion, I've enjoyed my time in the Air Force, and I want to make it better for the next generation coming to Kunsan. I'd like to invite you to my room so you can see these problems first hand. Thanks for taking the time to read and address my concerns.

A: Thank you for your action line regarding the dormitory situation and the authorization and assignment of unaccompanied personnel housing at Kunsan Air Base, Republic of Korea. There is no easy solution, but I share your concern for the health, safety, and

well being of our airmen to include their housing accommodations.

Before I proceed, let me begin by defining a key UPH management term and its application—specifically “space required.” According to Air Force Instruction 32-6005, airmen “required to live on base for military necessity, readiness, or discipline ...” are defined as “space required.” Kunsan is one of the U.S. Air Force's last true permanent warfighting bases and, with rare exception, all airmen are required to live on base out of military necessity. As such, all members are provided housing under the rules of “space required.” With that said, there are five items listed in your action line I will try to address: lack of space, room conditions, lack of planning, dorm integrity, and off-base living.

Lack of Space: As you pointed out in your letter, there is a shortfall of dormitory space at Kunsan. Recent dorm renovations have decreased available rooms by 96, and current requirements outstrip availability. In order to meet current “space-required” housing requirements, in 2001 the 8th Fighter Wing obtained a waiver to AFI 32-6005 space standards. This waiver permits the doubling up of staff sergeants.

While not optimum, the practice of doubling up staff sergeants at Kunsan is the exception and not the rule. Slightly less than 14 percent of Wolf Pack staff sergeants have a roommate — 104 of 767 — and of those 14 percent, more than 70 percent have a roommate less than 90 days of their entire tour.

While it won't help our current class of E-5s assigned here, there is an aggressive program to address this shortage over the course of the next few years. Estimated completion date of the dorm renovation at Kunsan is scheduled for September 2005, and construction of 17 new dorms at a rate of two per year is slated to begin shortly.

Room conditions: I agree with your assessment. In the past two months, I have visited every dorm in the 8th FW and have seen first hand some of the conditions you mentioned. While there is no easy solution, I guarantee all dorm managers, first sergeants, chiefs, and Wolf Pack commanders are committed to improvement. This is, and will remain, a high funding priority, and we will make as many upgrades as

is reasonably possible to ensure our airmen live in better conditions.

Lack of planning: Again, I agree with you. Wolf Pack members should not have to move numerous times while assigned to the 8th FW. With regard to staff sergeants, it is my desire they only be required to move when it results in improved living conditions, for example, moving out of a doubled up room into single accommodations. Effective immediately, I have directed commanders to work with each dorm manager to develop a legitimate move plan for all dorm residents.

Dorm Integrity: To ensure the safety, accountability and security of our people, dorm integrity is an important measure the 8th FW will continue to follow to the utmost of our abilities.

Off-base housing: Because of the issues above, some ask, “Why can't I move off base?” As previously mentioned, Kunsan is categorized as “Space Required” and active-duty military members are required to live on base.

The following factors support this policy. Per United States Forces Korea directives, E-5s and below are not authorized to ship or own vehicles in Korea. Relying on public transportation to and from off base residences could be expensive, potentially unreliable, and problematic. Also, our dorms are in compliance with U.S. fire protection codes, while off base housing within Korea is not. This includes smoke and carbon monoxide detectors, firebreaks and emergency response capability.

Out of pocket expenses to live in a place comparable to base dorm standards could be very costly and, more than likely, would force folks to live far enough away from the base the need for a private vehicle would become more pressing. Bottom line, maintaining the “Space Required” policy has the following advantages of keeping people on base, as required by mission, force protection, and readiness needs; ensures people live in safe and controlled environment per U.S. safety regulations and USFK policies; and prevents personnel from paying out of pocket for substandard housing.

Again, thank you for concern about our dorm situation. Service in the Air Force and at Korea requires our airmen to make tremendous sacrifices, and 8th FW leaders are very committed to improved living standards at Kunsan.

 <p>WOLF PACK WARRIOR Vol. 18, No. 27</p> <p>Defend the base Accept follow-on forces Take the fight North</p>	<p>Editorial Staff</p> <p>Col. Robin Rand Commander, 8th Fighter Wing</p> <p>Capt. Krista Carlos Chief, Public Affairs</p> <p>1st Lt. Herb McConnell Deputy Chief, Public Affairs</p> <p>Tech. Sgt. Kelley Stewart NCOIC, Public Affairs</p> <p>Staff Sgt. Robert Wollenberg Editor</p> <p>Senior Airman Cat Trombley Staff Writer</p>	<p>This funded Air Force newspaper is an authorized publication for members of the U.S. military services overseas. Contents of the WOLF PACK WARRIOR are not necessarily the official view of, or endorsed by, the U.S. Government, the Department of Defense or the Department of the Air Force.</p> <p>Content</p> <p>The editorial content is edited, prepared, and provided by the 8th Fighter Wing Public Affairs office of Kunsan Air Base, Republic of Korea. All photographs are Air Force photographs unless otherwise indicated.</p> <p>Submissions</p> <p>Deadline for submissions to the WOLF PACK WARRIOR is 4 p.m. Thursdays for the next week's edition. Submission does not guarantee publication. The staff reserves the</p>	<p>right to edit all submissions to conform to Air Force journalism standards, local style, and available publication space. Submissions should be e-mailed to wolfpackwarrior@kunsan.af.mil and include the author's name, rank and duty phone. Fax and typewritten submissions are also accepted.</p> <p>Contact Us</p> <p>People with questions, comments, suggestions or submissions can contact the public affairs office at: 8th FW/PA PSC 2 Box 2090 APO AP 96264-2090</p> <p>We can also be reached by phone at 782-4705, by e-mail at wolfpackwarrior@kunsan.af.mil, or by fax at 782-7568.</p>	<h2>MONTHLY SORTIE GOALS</h2> <table><thead><tr><th>Unit</th><th>Goal</th><th>Flown</th></tr></thead><tbody><tr><td>35th FS</td><td>330</td><td>325</td></tr><tr><td>80th FS</td><td>359</td><td>322</td></tr><tr><td>8th FW</td><td>689</td><td>647</td></tr></tbody></table> 	Unit	Goal	Flown	35th FS	330	325	80th FS	359	322	8th FW	689	647	<h2>Community Standards</h2> <p>Internet Use</p> <p>Personnel may not visit pornographic, hate or hacker sites on government computers. Refer to Air Force Instruction 33-129, Chapter 6 for complete listing of other sites. Our current base server allows us to capture every site visited, when it was visited and who accessed it. The rule of thumb is, if you wouldn't show it to the wing commander, then you probably shouldn't be looking at it.</p>
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8th FW	689	647															

New policy lights fire under smokers

By Senior Airman Cat Trombley
8th Fighter Wing Public Affairs

The Wolf Pack is expected to heed a new policy that starts today; some will not be affected by it, but others who smoke will need to abide by it.

The Wolf has implemented a new policy that states there will be no smoking in the dormitories.

"The Department of Defense discourages the use of tobacco products due to their harmful health effects," said Col. Douglas Tucker, 8th Mission Support Group commander. "To protect the health and welfare of our Wolf Pack members, we must minimize exposure to tobacco products on Kunsan, especially where our people reside. While most smokers are careful, smoking within dormitory rooms is a potential fire hazard, as well as a health hazard for all."

Senior Master Sgt. Jimmie Sampson Jr. agrees that stopping smoking in the dorms reduces the risk of fire.

"It's a safety thing," said the fire station chief. "Smoking, by itself, is a risk. There are butt cans all over this base and still you see people throwing butts on the ground or in the trash. This policy reduces all risks of a fire from smoking."

Smokers must now find a designated smoking area to light up.

"There are existing designated smoking areas on base, such as the patios at the Loring Club and outside many official buildings," Tucker said. "Many people who live in the dorms already smoke outside, as a courtesy to their neighbors. But remember, smoking is not allowed within 50 feet of

government facilities, to include the dorms and office buildings. This means no smoking in the stairwells or just outside the stairwells because the smoke can still get into the ventilation system of the building.

"However, many places outside of the dorms and offices exist which serve as smoking areas. These include the pavilions outside some dorms and bike rack areas, all of which are covered. We are prohibited from constructing areas purely for smoking purposes."

But smokers will still need to be careful when they smoke in designated areas. Tucker reminds smokers that just because they are 50 feet away from a building does not mean there is not still potential for fire.

"Smokers should ensure their cigarette butts are put in the proper receptacles and not thrown on the grass, sidewalks and parking areas. There will be plenty of 'butt' cans available and dorm managers will be responsible for ensuring smokers empty them," he said.

If a smoker is caught smoking in the dorms, they could face possible non-judicial punishment.

"It's a violation of article 92, violating a general order, of the Uniform Code of Military Justice," said Capt. Patrick Dyson, 8th Fighter Wing Legal Office.

"The appropriate squadron commander will handle any incident, as he or she would do with any infraction that occurs within the dorm, such as damage to property, crank 911 calls, etc.," Tucker said.

"The squadron commander will decide what to do. If an airman is caught smoking in the dorms, the com-



Photo by Senior Airman Cat Trombley

Staff Sgt. Milton Ziegler, 8th Fighter Wing Comptroller Flight, smokes a cigarette outside a dormitory Wednesday. A new policy goes into affect today, per the wing commander, that says smoking is no longer allowed inside the dorms.

mander can choose to do nothing or go all the way up to a court martial," Dyson said.

While some smokers will be inconvenienced by this new policy, some understand it will help their health.

"It's a benefit because I wanted to reduce my smoking. Now, instead of smoking when I am in my room, I just

won't smoke," said Airman Glen Fowler, 8th Maintenance Squadron.

Tucker stressed this new policy is to be taken seriously.

"It's important everyone take this new policy seriously, not only out of consideration for their neighbors and roommates, but for the sake of their own health," he said.

Air Force is 'established air bridge' in Liberia

By Capt. Kristi Beckman
398th Air Expeditionary Group Public Affairs

LUNGI, Sierra Leone — Flying 200 feet above palm trees and myriad grass huts, the 56th Expeditionary Rescue Squadron completed its mission — inserting the remaining members of the Fleet Antiterrorism Security Team and evacuating more people from the U.S. Embassy in Liberia.

The squadron, out of Iceland's Naval Air Station Keflavik, is part of the 398th Air Expeditionary Group. It has been in Sierra Leone since July 13 providing personnel recovery and emergency evacuation for the Humanitarian Assistance Survey Team in Liberia.

"We are now an established air bridge here, providing a lifeline for the embassy," said Col. Steven Dreyer, 398th AEG commander. "If anyone is in trouble, and we are called upon, we can move in quickly and get them out."

During the latest mission, the Air Force and the Marine Corps worked hand in hand to get the 56th ERQS's HH-60G Pave Hawk helicopters loaded. The helicopters were soon packed with Marines and their gear, and within minutes took off toward an undisclosed staging area.

Upon arrival, a team from the 786th Expeditionary Security Forces Squadron, also part of the 398th AEG, was dropped off to secure the area and establish communications. Tech. Sgt. Robert Arbelo, 1st Combat Communications Squadron, provided initial communication between the helicopters and the command post.

"It was exhilarating being part of a mission like this," said Arbelo. "It's one thing to be a part of communications, but it's another thing to actually see what your communications can accomplish. Usually you're



Photo by Capt. Kristi Beckman

To the rescue: Three HH-60G Pave Hawk helicopters from the 56th Rescue Squadron at Naval Air Station Keflavik, Iceland, carry evacuees from the U.S. Embassy in Liberia July 23.

sitting behind a radio away from the action. Here, you're part of it."

Securing the forward-staging area with the rest of the security forces team was Staff Sgt. Ace Jones, 786th ESFS operations superintendent.

"It's not every day cops get to jump on a helicopter and deploy forward to help the Marines," he said. "So, when a call comes for something like this, there's no doubt, they know you want to go, they just tell you to pack your bags."

Nearby, about 120 curious locals, mostly children, gathered close to the scene. At that point, the area was secure and the security forces team was awaiting the

return of the helicopters from the embassy with the evacuees. In the meantime, the local children had fun talking to the airmen and having their pictures taken with them.

Mohamed Kamara, Sierra Leone police constable, was among the crowd.

"I'm not very happy about the fighting in Monrovia," he said. "I want it to end. It's good that the people are being evacuated because there have been too many close hits on the embassy."

Along with the 18 evacuees, the rescue squadron flew five of its people out of the embassy. They had been left there on the first insertion of the FAST.

"The first time we took the FAST in, they wanted us to stay at the embassy for medical support and to clear the landing zone for their return," said Senior Airman Mark Panzera, a 56th ERQS pararescueman. "The first night we were there, a couple mortar rounds hit outside the embassy and injured a reporter. The Marines let him in the embassy, and we gave him medical attention."

Panzera said the fighting got worse outside the embassy and the locals started piling bodies up at the front gates and shooting rounds inside the embassy. "We were on standby in case any mortar rounds hit and injured anyone."

"It makes me feel pretty good to be part of a mission like this," said Panzera. "It's all just part of my job."

"This mission is a once-in-a-lifetime opportunity," said Maj. Brett Hartnett, the squadron's combat rescue liaison to the embassy. "You can read books, talk to people, see things on television, but never really get the experience of this unless you live it. It's a great feeling of satisfaction for my pararescuemen, and I to be able to pull out those evacuees."

'Thanks for the memories'

'True American Patriot,' Bob Hope dies at age 100

By Gerry J. Gilmore
American Forces Press Service

WASHINGTON — The King (of Comedy) is dead. Long live the King.

Such might be the public reaction to news that American comedy giant Bob Hope had died of pneumonia Sunday at his Toluca Lake, Calif., home at age 100.

Yet, perhaps no other organization mourns Hope's passing more than the Pentagon, for whom the British-born comedian undertook numerous — and often dangerous — overseas tours to entertain U.S. troops between 1943 during World War II to his last in 1990, just before Operation Desert Storm.

In a statement Monday, the Defense Department cited Hope's death as "the loss of a true American patriot."

The comedian, the statement continued, "Holds a special place in the national security pantheon."

Hope, according to the DOD, "called the troops 'his best friends,' and he made it his mission to be with them wherever they served, regardless of distance or danger."

Hope was born Leslie Townes Hope in Eltham, England, May 29, 1903. His family immigrated to America in 1907. He became a star on vaudeville, Broadway, radio, and in movies and television — and a hero to U.S. servicemen and women.

The comedian became famous for flourishing a golf club during his comedy act. But Hope also became well-known as

a patriot who'd over the last six decades risked his life to visit with and entertain more than 12 million U.S. servicemen and women during 700 trips stateside and overseas in peace and war.

Give Thanks America www.givethanksamerica.com, a national initiative co-sponsored by the DOD, Hewlett-Packard, and Sorenson Media, has saluted Hope, showing historical video clips from his trips on its Web site.

After the allies' victory over the Axis powers in 1945, Hope continued entertaining service members throughout the Cold War. He made numerous visits to overseas U.S. troops during the Vietnam War.

Hope made his last troop visit at Christmas in 1990, when he cheered American servicemembers in Saudi Arabia during Operation Desert Shield, right before the launch of Desert Storm to liberate Kuwait from Iraqi military occupation.

The comedian was honored five times by the U.S. Congress. The USNS Bob Hope, a roll-on/roll-off cargo ship, was christened in May 1997. Hope also had an Air Force C-17 transport plane named after him.

In October 1997, Bob Hope was made an honorary veteran by both houses of Congress.

The DOD statement also cited the Pentagon's "gratitude" for Hope's decades of service to the country, recognizing the positive impact he had made on military morale over the years. The DOD also extended its "deepest sympathy" to the deceased comedian's family and friends.

As U.S. servicemembers around the world recall Hope's life, they're also likely to utter a sentimental phrase the comedian sang in his act: "Thanks for the memories."



Photo by Tech. Sgt. Michael J. Haggerty

Bob Hope entertains the troops with a 10-minute monologue in 1990 after a ceremony renaming the Thunderbird Theater at Lackland Air Force Base, Texas, as the Bob Hope Performing Arts Center. The ceremony honored Hope's 50 years of entertaining American armed forces members around the world. His final tour, at age 90, took him to the Persian Gulf and the men and women of Operation Desert Storm.

Defense officials set up troop rotation for Iraq

By Kathleen T. Rhem
American Forces Press Service

WASHINGTON — Defense officials have come up with a troop-rotation plan for Iraq that will give the commander of U.S. Central Command "the force he needs to decisively defeat those elements that threaten security," the acting Army chief said July 23.

To meet this requirement, the troop-rotation plan will use active Army brigade combat teams and forces from the other military services, including the reserve components, Gen. John Keane said in a Pentagon press briefing.

The plan also calls for more use of international forces and rapidly developing Iraqi police, civil defense and military forces.

In the future, Iraq tours for U.S. servicemembers will be "up to 12 months," Keane said in laying out the details for upcoming unit rotations.

As the first unit in, the first to leave Iraq will be remaining forces of the 3rd Infantry Division. Keane reiterated previous announcements that 3ID troops, who are deployed from Fort Stewart, Ga., will be out by September. A maneuver brigade task force and headquarters from the 82nd Airborne Division will replace them.

Keane noted that the 82nd will serve a six-month rotation because the division headquarters served during major combat operations in Operation Iraqi Freedom.

Many 82nd Airborne troops have seen duty

recently in Afghanistan, as well.

As far as remaining units in Iraq, 1st Marine Expeditionary Force will be replaced by a Polish-led multinational division in September or October. Fourth Infantry Division will be replaced by 1st Infantry Division, deployed from Germany, with an attached infantry brigade from the Army National Guard, in March or April 2004.

In the same timeframe, 1st Cavalry Division, from Fort Hood, Texas, with an attached National Guard brigade, will replace 1st Armored Division, which will return to Germany; and another brigade from the 1st Cav. will replace 2nd Light Cavalry Regiment.

The transformational Stryker Brigade 1, the Fort Lewis, Wash., unit that has been undergoing operational testing and evaluation for several months, will arrive in Iraq in October 2003 and replace the 1st Armored Cavalry Regiment in spring of 2004. These units will all be on 12-month rotation schedules.

Officials are planning for an as-yet-unnamed multinational unit to replace the 101st Airborne Division, Keane said.

He noted that two other American units will redeploy without replacements in early 2004. The 2nd Brigade of the 82nd Airborne Division will return to Fort Bragg, N.C., in January 2004, while the 173rd Airborne Brigade will redeploy to its home base in Vincenza, Italy, in April 2004.

The general said officials worked out a plan they hope provides Gen. John Abizaid, CENTCOM commander, the forces necessary to "meet his requirements while at the same time permitting the flow of

coalition forces and permitting the recruiting and training and developing of the Iraqi police, the civil defense, and the new Iraqi army."

The U.S. military is maintaining 156,000 troops in Iraq. The vast majority of those, 133,000, are Army soldiers. An additional 34,000 soldiers are serving in Kuwait. During fiscal 2003, 73 percent — 24 of 33 — of the active Army's brigade combat teams have been or are deployed, Keane said.

Officials recognize that this stresses the force. But, a Joint Chiefs official said, it hasn't "overstressed" the Army.

Army Maj. Gen. Stanley McChrystal, speaking at the same press conference, said there is no indication the Army is having trouble meeting its challenges.

Keane agreed. The 37-year-veteran said he's never seen such an "intensity" and "dogged determination to succeed" in American soldiers.

"It's ... the first time since World War II that we have deployed our soldiers directly for the American people," he said. "(The soldiers) understand what this war on terrorism is all about. And they're citizens of this country, and they know what 9/11 has meant to this country."

Even though it puts them in harm's way, soldiers are committed to winning the war on terrorism. "For our soldiers, the global war on terrorism is personal. It's often brutal. It's frequently terrorizing. It is very demanding, and death is always a silent companion," Keane said. "Yet, day in and day out they perform the mission with extraordinary dedication and competence."

WOLF PACK Crime Watch

July 18:

Article 92, Failure to obey a lawful order or regulation; and Article 95, resistance, flight, breach of arrest and escape — A technical sergeant in America Town was coming out of the housing district and encountered Town Patrol members. The sergeant ran in the opposite direction and was chased. He was caught trying to climb the wall leading out of America Town.

July 19:

Found property — The security forces control center received a call that a Motorola radio had been left in the base exchange. A patrolman was sent to pick it up. The radio’s owner called the SFCC saying it had been misplaced, and the radio was returned.

Loud noise complaint — Three people called the SFCC about loud noise coming from the pavilion area of the 600 series dormitories. Patrolmen were sent and briefed the group about the 24-hour noise discipline policy.

Escort violation — The SFCC received a call about an escort violation. A senior airman was signing two Korean nationals off the base but had not signed them on. The original escort was called and told to come and sign his guests off the base.

Loud noise complaint — The SFCC received a call about loud noise in building 1303. A patrolman was sent and briefed an airman first class about the 24-hour noise discipline policy.

July 20:

Found property — The SFCC received a phone call from an airman who said he’d found a common access card. The owner called the SFCC saying he’d lost it, and the card was returned.

July 21:

Found property — The SFCC received a call from a civilian who had found a com-

mon access card and a Bank of America military check card. Evidence tags were done for each and the owners notified.

Government vehicle accident — A staff sergeant called the SFCC about a vehicle accident in front of building 2777. The investigation revealed the driver of vehicle one backed into vehicle two due to the lack of a spotter. Vehicle two’s damage consisted of 10-inch scrapes and dents about 3 to 4 inches in depth on the hood.

Government vehicle accident — A first lieutenant called the SFCC and reported there had been a vehicle accident at building 2257. The investigation revealed the senior airman driver had backed into a vehicle revetment next to the building. Damage consisted of scrapes and scratches to the right rear bumper approximately 5 to 6 inches in length and a dent 2 to 3 inches in depth.

Government accident — A senior airman called the SFCC and reported an accident on Avenue C next to building 950. The investigation revealed the driver of vehicle one made a left turn attempting to pass vehicle two and sideswiped it. Damage to vehicle one consisted of numerous scrapes approximately 3 to 5 inches in length and the rear wheel well was torn off. Damage to vehicle two consisted of minor scrapes approximately 3 to 5 inches in length to the right front bumper.

July 22:

Government vehicle accident — An airman first class called the SFCC and reported a traffic accident outside building 508. An investigation revealed a senior airman driving vehicle one didn’t gauge the distance between his vehicle and vehicle two during mission oriented protective posture four. Damage to vehicle one consisted of minor scratches to the front passenger side fender. Damage to vehicle two consisted of a crack in the fiberglass on the left front fender.

Government/private owned vehicle accident — A person called the SFCC to report a traffic accident on West 3rd Street

adjacent to building 1305. The investigation revealed a senior airman was west bound on West 3rd Street when he tried to maneuver around a deuce when he hit a privately owned vehicle. The damage to the military vehicle consisted of scrapes on the right rear corner. Damage to the POV consisted of a broken side widow and review mirror and the driver’s side door was also dented approximately 3 to 4 inches in depth.

Government vehicle accident — A senior airman called the SFCC and reported a traffic accident inside the North petroleum, oil, and lubricant area. An investigation revealed an airman first class misjudged the distance from the side road and hit concertina wire. Damage to the vehicle consisted of the front passenger side mirror being broken.

July 24:

Government vehicle accident — A technical sergeant called the SFCC to report a vehicle had hit a fixed object. The investigation revealed a civilian was driving south on Avenue C at the intersection of East 7th Street when he was distracted and lost control of the vehicle. Damage to the vehicle consisted of minor dents and scratches along the passenger side, the rear review mirror was broken, and the back being dent 30 degrees back.

Raised voices — An anonymous caller telephoned the SFCC about raised voices in building 1303. Patrolmen made contact with a staff sergeant and an airman first class. A 24-hour no contact order was given to both.

Government vehicle accident — A senior airman called the SFCC to report a traffic accident on West 3rd Street adjacent to building 1305. The investigation revealed an airman first class had run into a concrete barrier while attempting to pull forward in front of the building. The damage consisted of two cracks, approximately 3 to 4 inches long, and minor scrapes on the front passenger side.

July 25:

Theft of private property — A private first class called the SFCC and reported one Panasonic digital video disc player worth approximately \$550 with three identifying marks had been stolen from building 1303.

Theft of private property — A private first class called the SFCC and reported that one, white Apple iBook 900 MHZ personal computer worth \$1,300 had been stolen from building 1303.

Loud noise complaint — A staff sergeant called the SFCC and complained of loud noise on the second floor of building 1401. A patrolman talked to another staff sergeant and briefed him on the 24-hour noise discipline.

Loud noise complaint — A senior airman called the SFCC and reported there was loud noise coming from building 1406. Patrolmen talked to an airman and briefed him on the 24-hour noise discipline.

Government property damage — A senior master sergeant entered the SFCC and said a windowpane in the door of building 616 had been damaged. The damage consisted of one broken window.

Article 128, Violation/assault mutual — A female Air Force staff sergeant and senior airman, and a Marine Corps sergeant were involved in an alleged fight at the Loring Club. The fight allegedly began when the Marine Corps sergeant asked the female Air Force staff sergeant to dance.

July 26:

Theft of private property — A senior airman entered the SFCC and said her black purse containing her ID card, two ATM cards, one pager, one room key, one shop key, \$5, one Nokia cell phone, one squadron coin, a print out of her club card account, and makeup were taken from the Loring Club. She said she’d left her purse in the disc jockey’s booth to dance with him. After the dance, she left the club. About 10 minutes later she realized she’d left her purse and returned to get it. It was gone.

Article 120, Rape and carnal knowledge — A staff sergeant called the SFCC and said a female had told him she’d been raped. Patrolmen responded to building 1430. The female said the subject fled the scene after raping her.

Courtesy of the 8th Security Forces Squadron

8th Fighter Wing Comptroller Flight Quarterly Award winners

Airman of the quarter – Senior Airman Joy Shoemake
NCO of the quarter – Staff Sgt. Doris Ishman
Senior NCO of the quarter – Master Sgt. Armando Fajardo
Civilain of the quarter – Kil Chae Song

Congratulations to first term airman's center graduates

Airmen:

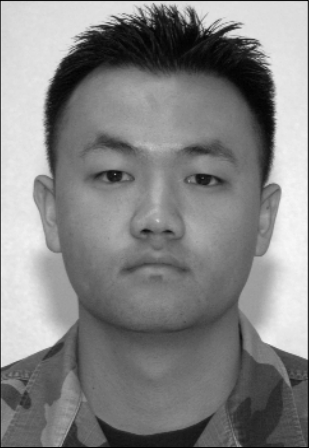
Nathaniel Dennis, 8th Logistics Readiness Squadron
Stephanie Gimenez, 8th LRS
Nathaniel Jones, 8th Maintenance Squadron

Airmen 1st Class:

James Brown, 8th Communications Squadron
Brandon Keckritz, 8th CS
Andy Mohommed, 8th MXS
Lovely Nerius, 8th MXS
Lani Nishimura, 8th MXS
Jason Rosa, 8th MXS
Debra Todd, Armed Forces Network

OF THE PRIDE PACK

Job: 8th Services Squadron, storeroom manager for the dining facility
Duties: Primarily responsible for ordering more than \$100,000 worth of subsistence a month
Hometown: Salinas, Calif.
Follow-on: Separating
Hobbies: All types of sports
Favorite music: R&B and Korean
Last good movie you saw: “Terminator 3”
Best thing you’ve done at Kunsan: Socializing with Korean nationals to better know their culture.



Senior Airman
Tae S. Kim

“Senior Airman Kim has been dedicated to the morale of the Wolf Pack as a member of the food service staff. He has acted as a Korean language interpreter; he broke down barriers in a contract problem and allowed the O’Malley Inn to have the ability to again order bottled drinks for dining facility patrons. His relentless drive and dedication to the O’Malley Inn helped the planning of more than 60,000 nutritionally well balanced meals monthly. He volunteered over six hours to the services squadron’s unit advisory council booth during the July 4 celebration, raising more than \$250 for unit morale activities. Undoubtedly there is nobody more deserving of being recognized as a ‘Pride of the Pack’ recipient.”

Tech. Sgt. Bryan Strickner
8th Services Squadron

Integrity ★ Service ★ Excellence

EXERCISE, EXERCISE, EXERCISE ...

Wolf Pack war games



Master Sgt. David Tabbert, 8th Security Forces Squadron, climbs into the back of a bread truck July 23 during a wing operations center evacuation. Members from the command post, survival recovery center, battle staff and maintenance operations center evacuated building 1305 after a simulated fire.



Senior Airman Alex Perez, 8th Aircraft Maintenance Squadron, checks out the Wolf jet after its return from an exercise sortie July 24.



8 SFS "Defender" Airman 1st Class Cody Metts looks out from a defensive fighting position July 23 during an opposition forces attack on the base.



Tech. Sgt. Leo Birch III, 8th Security Forces Squadron, grids out a map during a suspicious package scenario July 21.



8th Mission Support Group Commander, Col. Doug Tucker (left), and Lt. Col. Michael McKinney (right), 8th Operations Group deputy commander, sit in an armored personnel vehicle that took them to the wing operations center's bugout location during a fire scenario July 23.



Crew chiefs push a jet back into a hardened aircraft shelter while Capt. Gene Scherer, 35th Fighter Squadron pilot, steers during the exercise July 24. Members of the 8th Fighter Wing participated in Beverly Bulldog 03-03, a Peninsula Initial Response Readiness Exercise/Combat Employment Readiness Exercise.

The PENN IRRE/CERE, held July 21 to 25, was designed to test the wing's ability to prepare people, weapons systems, and equipment for its wartime contingency tasking and execute that tasking. The Wolf Pack's next week-long exercise is scheduled for the fall.



Staff Sgt. Jack Constable (front), and Tech. Sgt. Eric Kiefer (back), opposition forces members, fire at 8th Security Forces Squadron members during an OPFOR attack July 23.



Senior Airman Rebecca Masonis, an opposition forces member, attacks the flightline at Taxiway Charlie during an OPFOR exercise July 23.



Senior Airman Hugo Escobar, 8th Security Forces Squadron, captures an opposition forces member during an OPFOR attack July 23. The mission of security forces is to defend the base.



Col. Robin Rand, 8th Fighter Wing commander, and Col. Stu Johnson, the former 8th FW vice commander, shake hands with new Wolf Pack members getting off the Patriot Express July 24 in mission oriented protective posture two.



Tech. Sgt. Charlie Foight, 8th Maintenance Operations Squadron, waits by the secured entrance door of the alternate wing operations center to take role to ensure every relocated member is accounted for after a simulated fire in the primary facility July 23.

7 DAYS Today

Smorgasbord buffet The Loring Club offers a lunchtime super smorgasbord from 11 a.m. to 1 p.m.

Midnight breakfast buffet The Loring Club offers a midnight breakfast buffet from 11 p.m. to 2:30 a.m. The cost is \$4.95 for club members and \$5.95 for non club members.

Wolf Pack Wheels Departs Kunsan for Osan AB at 7:30 and 6:30 p.m. The bus returns to base at 5 and 10:30 p.m. Tickets are \$10/\$9 one way and \$20/\$18 round trip.

Howlin' Bowl The Yellow Sea Bowling Center has Howlin' Bowl starting at 6 p.m. The cost is \$6 per person.

Karaoke night The Falcon Community Center hosts karaoke night at 8 p.m.

Saturday

Nine-pin tournament The Yellow Sea Bowling Center hosts a nine-pin bowling tournament starting at 6:30 p.m. The entry fee is \$13. For more information, call 782-4608.

Spades tournament The Flacon Community Center hosts a spades tournament at 7 p.m. The winner receives a phone card.

E-Mart trip The Falcon Community Center hosts a shopping tour to E-Mart in Kunsan City. Busses depart the base at 10

a.m., noon, 2 and 4 p.m. Busses return to base at 1, 3 and 6:30 p.m. The cost is \$2. For more information, call 782-4619.

Latin Night The Loring Club hosts Latin Night in the ballroom.

Wolf Pack Wheels Departs Kunsan for Osan AB at 7:30 and 10 a.m. The bus returns to base at 5 and 6 p.m. Tickets are \$10/\$9 one way and \$20/\$18 round trip.

Sunday

Free throw competition The Falcon Community Center hosts a best of 10 free throw competition at 2 p.m. The winner receives a phone card.

Brunch Extravaganza The Loring Club offers entrees and side dishes for Sunday brunch from 10:30 a.m. to 1 p.m. Price is \$11.95 per person for club members.

B-I-N-G-O The Loring Club has bingo at 2 p.m. For more information, call 782-4575 or 782-4312.

Darts tournament The Loring Club has a dart tournament at 7 p.m.

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. and noon. The bus returns to base at 5 and 6 p.m. Tickets are \$10/\$9 one way and \$20/\$18 round trip.

E-Mart trip The Falcon Community Center hosts a shopping tour to E-Mart in Kunsan City. The busses depart the base at 10 a.m., noon, 2 and 4 p.m. Busses return to base at 1, 3 and 6:30 p.m. The cost is \$2.

Monday

Pizza The Loring Club offers pizza from 6 to 8 p.m. The cost is \$.50.

9-Ball tournament The Loring Club hosts a 9-Ball pool tournament at 7 p.m.

Movie madness The Falcon Community Center has a double feature movie madness at 6 p.m.

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. The bus returns to base at 5 p.m. Tickets are \$10 one way and \$20 round trip.

JEJU ISLAND



courtesy photo

Fun in the Sun: Jeju Island is a vacationer's paradise with fine beaches, subtropical vegetation, quaint thatched cottages, waterfalls, fantastic lava and rock formations, cobalt blue water and Tolharubang (The Stone Grandfather). This trip is over Labor Day Weekend, Aug. 30 through Sept. 1, for two nights and three days. The cost is \$370. Sign up before Aug. 26

Tuesday

Sumo wrestling The Loring Club hosts sumo wrestling at 8 p.m.

Kun burger The Loring Club has a \$2 Kun Burger from 6 to 8 p.m.

Birthday celebration The Falcon Community Center has a birthday celebration at 7 p.m. People born in August are invited to come by for birthday cake.

Wolf Pack Wheels Departs Kunsan for Yongsan at 7:30 a.m. The bus returns to base at 3 p.m. Tickets are \$15 one way and \$30 round trip.

Wednesday

Free food The Loring Club offers club members Ruff Ryder Roast Beef Sandwiches from 6 to 9 p.m.

Texas barbecue The Loring Club has a Texas-style barbecue buffet 11 a.m. to 1 p.m.

Photo club The Falcon Community

Center Photo Club meets at 6 p.m.

Karaoke night The Falcon Community Center will host karaoke night from 8 p.m. to midnight.

8-Ball pool tournament The Loring Club will host a best two-out-of-three 8-Ball tournament at 7 p.m.

Thursday

Mongolian barbeque The Loring Club offers mongolian barbeque from 5:30 to 8:30 p.m.

Pingpong tournament The Falcon Community hosts a pingpong tournament at 7 p.m. It's the best two out of three. The winner receives a phone card

Ladies night The Yellow Sea Bowling Center offers Ladies Night stating at 6 p.m. Ladies bowl for free.

Submit your events for 7-Days by sending an e-mail to wolfpackwarrior@kunsan.af.mil. Submissions must include the time, date, place, point of contact and a phone number.



MOVIES



Saturday

“Charlie’s Angels: Full Throttle” (R) 7 and 9:30 p.m.

Sunday

“The Italian Job” (R) Starring Mark Wahlberg and Edward Norton. 6 and 8:30 p.m.

Tuesday

“The Italian Job” (R) 8 p.m.

Wednesday

“Dumb and Dumberer” (PG-13) Starring Eric Christian Olsen. 8 p.m.

Thursday

“Terminator 3: Rise of the Machines” (R) Starring Arnold Schwarzenegger. 8 p.m.

The theater is now closed Mondays. For more information, call 782-SHOW.



Tonight

“Charlie’s Angels: Full Throttle” (R) Starring Cameron Diaz and Drew Barrymore. 7 and 9:30 p.m.

Korean Folk Village

The Falcon Community Center has a trip to the Korean Folk Village near Suwon Aug. 16. The bus departs at 7 a.m. and returns at 8 p.m. This tour takes you to a living museum that recreates the lifestyle during the Chosun Dynasty. Folk dancers and plays are presented twice daily in the performance arena. The cost is \$20 or \$16 for special consideration of airman morale. The deadline to sign up is Aug. 14.

BIRTHDAY MEAL

The O’Malley Dining Facility hosts the August birthday meal at 6:15 p.m. Aug. 10. Choose from steak and lobster, steak and shrimp, or steak and chicken. For more information, call Airman 1st Class April Gipson at 782-5160 or 782-5538.

Education

Scholarship Children of Wolf Pack personnel may be eligible for the Boys and Girls Clubs of America Presidential Freedom Scholarship. The youth must be involved with a B&GCA, whether it is on a military installation or in a local community. Nominees must be juniors or seniors in the 2003-2004 academic year and must have provided 100 hours or more of exemplary service to the community. The B&GCA must submit the application.

Teachers needed The education center is in need of teachers. Many enlisted personnel are trying to go to school here but often run into road blocks when it comes to course availability. This is often due to a lack of teachers. Without the luxury of many college professors here, the education center must rely on the officer and enlisted corps to carry the load. If anyone is interested in teaching, call the University of Maryland at 782-4758 and Central Texas College at 782-5152.

CDC testing Career Development Course testing is 9 a.m. Thursdays in building 1053, room 3. Unit training managers must make appointments for testing.

Meetings

Airman's Advisory Council The council meets 3 p.m. the last Tuesday of the month in the Loring Club Officers' Lounge. All airmen, E-1 to E-4, are invited to attend.

AFSA The Air Force Sergeant's Association meets at 4 p.m. the second Tuesday of each month in the Loring Club Officers' Lounge.

Focus 5/6 The Focus 5/6 welcomes Air Force and Army E-5s and E-6s to meet at 4 p.m. every second Wednesday at the Loring Club.

Top 3 The Kunsan Top 3 meets 4 p.m. every second Wednesday at the Loring Club.

FSC

Pre-separation class The family support center offers a pre-separation class 9 to 11 a.m. today in the military personnel flight building. For more information or to register, call 782-5644.

Financial brief The family support center offers a personal financial management program briefing at 4 p.m. Monday in building 755, room 215. This is a mandatory brief for all senior airmen and below and all airmen at their first duty station. For more information, call 782-5644.

Eunjeok Temple tour The family support center offers Eunjeok Temple tour 9 a.m. to 4 p.m. Saturday. The cost is 20,000 won and includes cost of transportation, lunch and incidentals. For more information or to register, call 782-5644.

Survival Korean The family support center offers a survival Korean language class 10 a.m. to noon Tuesday in building 755, room 215. For more information or to register, call 782-5644.

Family reunions The family support center offers a family reunion brief 3:30 p.m. Tuesday in the theater. No registration is required. For more information, call 782-5644.

Filipino cooking class There will be a Filipino cooking class at the Sonlight Inn Wednesday at 11:30 a.m. For more information or to register, call 782-5644.

Car Buying The Family Support Center has a car buying course to make an expensive decision easier. The class is noon Thursday in Building. 755 room 215. For more information or to register, call 782-5644.

Volunteer Opportunities

SonLight Inn The SonLight Inn needs units to volunteer for the Friday meals. The chapel is looking for units to volunteer through the end of the year. If interested or for more information, call Airman 1st Class Jessica Duplantis at 782-4300.

CISM peer counselors The life skills support clinic seeks volunteers interested in becoming critical incident stress management counselors. Counselors receive training. For more information, call Capt. Robert Vanecek at 782-4562.

Chapel

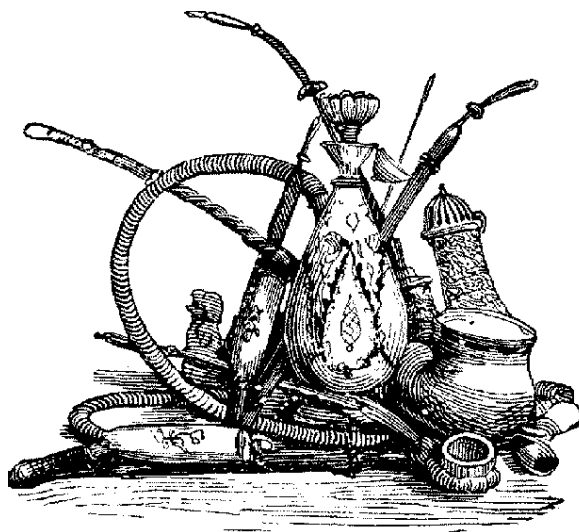
Protestant services General Protestant worship service is 11 a.m. Sundays and the contemporary praise and worship service and Bible study is 7 p.m. Wednesdays. Both services are conducted in the chapel. For information about any chapel services, call 782-4300.

Gospel Gospel services are 12:30 p.m. Sundays and the inspirational praise and worship service is 7:30 p.m. Fridays at the chapel.

Latter-Day Saint Services are 3 p.m. Sundays at the chapel.

Catholic services Mass is 5:30 p.m. Saturdays, 9 a.m. Sundays and 11:30 a.m.

FLEA MARKET



Clean out your room and make a little money at it ...

The Falcon Community Centers sponsors a flea market 10 a.m. to 2 p.m. Saturday. Tables will be available for people to set up the items they'd like to sell on a first come first serve basis. For more information, call 782-4619.

Monday through Thursday at the chapel. Catholic Reconciliation is by appointment Monday through Thursday and 4:30 to 5 p.m. Saturdays. R.C.I.A. is 7 p.m. Wednesdays in the chapel conference room.

Church of Christ Services are 9:30 a.m. Sundays at the SonLight Inn, room 1.

SonLight Inn hours The SonLight Inn is open 6 a.m. to 10 p.m. Monday through Thursday, 6 p.m. to midnight Friday, 8 a.m. to midnight Saturday and 8 a.m. to 10 p.m. Sunday every week. For more information, call 782-5466.

Prayer & Bible studies The chapel hosts several prayer and Bible study groups at the chapel and Sonlight Inn. Groups include:

☐ Adult Bible study at 11 a.m. Sunday at the SonLight Inn, room 2.

☐ Men's Bible study at 6:30 p.m. Sunday at the SonLight Inn, room 2.

☐ Women's prayer group is 6:30 p.m. Monday at the chapel.

☐ Women's Bible study and fellowship at 6:30 p.m. Tuesday at the SonLight Inn,

room 2.
☐ Women's Bible study and fellowship at 6:30 p.m. Tuesday at the SonLight Inn, room 2.

☐ Intercessory prayer is 8:30 p.m. Saturday in the chapel conference room

Miscellaneous

New terminal The new Air Mobility Command Passenger Terminal is open. It is located in building 2858 next to base operations. For more information, call 782-7550.

Scheduling the Loring Club To schedule a meeting or a room in the Loring Club, call ahead. The club has had several instances where groups of people decided to hold meetings in the club without prior coordination, and other events had already been booked into the space. The Loring Club staff is happy to support whenever they can, but they need people to reserve the space with Ms. Okson Yi, Donald. Montgomery, or James Boogaard to schedule at 782-4312 or 782-4575.

Submit your events for Bulletins by sending an e-mail to wolfpackwarrior@kunsan.af.mil.

FREE CLASSIFIEDS

To submit an item for Free Classifieds, send an e-mail to wolfpackwarrior@kunsan.af.mil with "classifieds" and the category (Wanted, For Sale or Lost & Found) in the subject block. All submissions must contain member's rank, name and phone number and must originate from the member's e-mail account. No "personal" ads will be accepted. Deadline for submissions is noon Friday a week prior to desired printing. For more information, call 782-4705.

For Sale

Jet Printer Cannon BJC-250 Color Bubble Jet Printer, 3 years old and in excellent condition. Make an offer. Call Master Sgt. Jerome Sydnor at 782-4592 (work) or 782-9826 (home).

Iron Protor Silex 120V iron, 9 months old. Asking \$6. Call Master Sgt. Jerome Sydnor at 782-4592 (work) or 782-9826 (home).

Cell phone Samsung MP-8800 cell phone with 120V/220V rechargeable adapters and spare battery, 7 months old. Asking \$65. Call Master Sgt. Jerome Sydnor at

782-4592 (work) or 782-9826 (home).

Isuzu 1992 Isuzu Amigo, 5 speed, new tires, cold A/C, sunroof, Osan/Seoul worthy, 119,000 miles. Good condition. \$1,200 OBO. Call Todd Shoemaker at 782-9008. Leave a message.

Electric guitar Phil Pro PSM-700, neck-thru-body, three Bill Lawrence pickups, Wilkinson Tremolo, beautiful wood stripes, \$250 firm. Includes hard shell case. Call Scott Estes at 011-676-6480.

Amplifier Marshall VS-100 amplifier, 100 watts RMS, 12-inch speaker, tube in pre-amp, three channel, 240 volts, \$450. Call Scott Estes at 011-676-6480.

Johnson J-Station A Johnson J-Station that simulates various guitar amplifiers, built in effects, \$100. Call Scott Estes at 011-676-6480.

Chorus Boss Super Chorus, mint condition. Hardly used. Call Scott Estes at 011-676-6480.

Wolf Pack Honor Guard

Seeking the Best of the Best

For more information, call Tech. Sgt. Mike Tyra at 782-5411

Free Breakfast and Fellowship

8 to 11 a.m.
Every Saturday
at the SonLight Inn

Air Force cyclist overcomes injuries

By Capt. Paula Kurtz
47th Flying Training Wing
Public Affairs

Capt. Matt Stanley was hit by a vehicle while cycling down highway near Del Rio, Texas July 20, 2002. One year later, Stanley will celebrate recovering from serious injuries by cycling 500 miles across Iowa.

Stanley, a T-6 Texan II instructor pilot at Laughlin Air Force Base, Texas, is taking part in the Register's Annual Great Bicycle Ride Across Iowa.

For the past eight years, the Air Force has participated in the RAGBRAI event by registering a 100-person team made up of active-duty and retired airmen known as Team Aim High. Wearing bold red, white and blue cycling uniforms, the team talks up the Air Force for recruiting while visiting towns across the state. Stanley is riding with people from Offutt Air Force Base, Neb., as part of Team Aim High.

In 2002, Stanley was on the return leg of a training ride to Brackettville, Texas, when a vehicle traveling about 70 mph veered onto the shoulder. The impact catapulted him 20 feet off the road breaking both his left leg and left arm in two places, and breaking his right clavicle. And, he landed on a rattlesnake.

In a stroke of luck, the snake did not bite him.

"I guess he figured when it starts raining people, it's just time to leave," Stanley quipped.

In another stroke of luck, the first responder to the accident happened to be Laughlin's new medical group commander, Col. (Dr.) Chuck Hardin, who was on his way to San Antonio for a temporary-duty assignment when he came upon the scene. Hardin treated Stanley's injuries and accompanied him to Val Verde Regional Medical Center in Del Rio.

Once he was stabilized, Stanley was taken by ambulance to Del Rio International Airport where



Photo by Capt. Paula Kurtz

DON'T STOP RIDING: Capt. Matt Stanley, a T-6 Texan II instructor pilot, is riding again after being struck by a car in July 2002. Stanley recently participated in the 500-mile Register's Annual Great Bicycle Ride Across Iowa July 20.

a life-flight helicopter ferried him to Wilford Hall Medical Center at Lackland AFB, Texas.

Two months and three surgeries later, with a metal rod in his femur, Stanley was back on his feet learning how to walk again.

In January, after four months of rehabilitation and physical therapy, Stanley was cleared for flying duty and reported to Randolph AFB, Texas, for instructor training in the Air Force's newest trainer, the T-6 Texan II. Stanley completed the 15-week course in May as the class distinguished grad-

uate and returned to the familiar surroundings of the Laughlin AFB flightline.

"For pilots, flying is almost like an addiction," Stanley said. "At one time I thought I might never fly again. So, it's awesome to be back in the air and back to normal."

As a boy, Stanley first took notice of the RAGBRAI event when it came through his small hometown of Dennison, Iowa, and his family opened their home to a few of the participants. He and his father set a goal of completing the tour the next year. Saving the entire \$2.50

he made each week on his paper route, Stanley saved enough to buy his very first "real" bicycle for \$117.

The 2003 tour will mark the third time Stanley has completed the RAGBRAI, which is in its 31st year and boasts 8,500 registered riders, plus another 10,000 unregistered participants.

"It's great to know that I've come back from not being able to move at all to riding 500 miles," said the 6-foot 4-inch tall triathlete.

"It's the anniversary of my accident, and it's in my home state, so it has a lot of meaning for me."

SPORTS SHORTS

Swim relay

The pool hosts a four-person swim relay 10 a.m. Saturday. The event is limited to five teams. For more information, call 7682-4026.

Fun run

The fitness center offers a 5K run 6 a.m. Aug. 9. For more information, call 7682-4026.



Photo by Master Sgt. Shawn Murphy

Cycling across Iowa

Staff Sgt. Brad Whitmill and Dr. Carol Belt lead the Team Air Force cyclists through Fort Madison, Iowa, July 26. The destination marked the end of the seven-day, 450-mile Des Moines Register's Annual Great Bike Ride Across Iowa. The American flag on Belt's bike had been recently flown over Baghdad, Iraq, and Bagram Air Base, Afghanistan. It was carried to honor American forces serving in Operations Enduring and Iraqi Freedom. Whitmill is stationed at Offutt Air Force Base, Neb., and Belt is from Scott AFB, Ill.

Aerobic instructors needed

The fitness center needs aerobic instructors. The 8th Services Squadron will pay certified instructors to teach classes. For more information, call 782-4026.

Spinning instructors needed

The fitness center needs two to three spin class instructors to teach spinning classes. The 8th Services Squadron will pay certified instructors. For more information, call 782-4026.

Intramural bowling league

The fall intramural bowling league begins the first week of September. People interested in bowling should call their units sports representative.

PACAF - Fit to Fight

Martial Arts Classes

Budo Taijutsu/Ninjutsu

Noon Saturday and Sunday - FREE

Tae Kwon Do

8 to 9 p.m. Monday to Thursday

Kuk Sool Hapkido

7 a.m. and 7 p.m. Monday to Friday

Tang Soo Do

6 a.m. and 7 p.m. Monday to Friday

Aerobics Classes

Monday

11:30 a.m. - Shaping and toning
5:45 p.m. - Abs
6 p.m. - Step Challenge

Tuesday

6 a.m. - Shaping and toning
11:30 a.m. - Shaping and toning

Wednesday

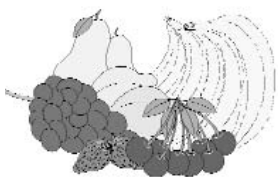
5:45 p.m. - Abs
6 p.m. - Cardio kick boxing

Thursday

6 a.m. - Shaping and toning
11:30 a.m. - Shaping and toning

Friday

11:30 a.m. - Shaping and toning



Tips to Healthy Eating

Eat moderate portions:

If you keep portion sizes reasonable, it's easier to eat the foods you want and stay healthy. Did you know the recommended serv-

ing of cooked meat is 3 ounces, similar in size to a deck of playing cards? A medium piece of fruit is one serving and a cup of pasta equals two servings. A pint of ice cream contains 4 servings. Refer to the Food Guide Pyramid for information on recommended serving sizes.

— Courtesy of the Health and Wellness Center



Tobacco Fact

Every cigarette smoked takes 7 minutes off the life of the smoker, about as long as it takes to smoke the cigarette. Each pack of 20 cigarettes takes 140 minutes to smoke, and subtracts 140 minutes from the life of the smoker.

— 1994 Surgeon General report Youth and Tobacco

The Health and Wellness Center offers free smoking cessation classes. For more information, call 782-4305.

SCORES & MORE

SOFTBALL

American League

	W	L
MDG A	7	1
AMXS B	5	1
MXO	4	2
LRS A	5	0
SFS A	4	1
AMMO	2	4
FOX BTRY	1	4
CES B	3	4
MXS	3	2
SVS	1	6
MDG B	0	3
SFS B	2	3
COMM B	0	6

National League

	W	L
OG	5	0
COMM A	3	1
AGE	2	0
ECHO BTRY	1	3
LRS B	2	0
KWANG JU	1	3
AVIONICS	2	3
FAB FLT	1	3
SOLDIERS	1	1
CES A	2	1
AMXS A	2	0
ROKA	0	3
ARMAMENT	0	4

— Standings current as of July 16
courtesy of fitness center

Fitness center hours

Monday to Friday
4:30 a.m. to midnight

Weekends, holiday and down
days
8 a.m. to midnight



Prevent tooth decay

- ❑ Tooth decay is an infectious disease
- ❑ Most oral health problems are preventable
- ❑ Dental caries is the single most common chronic childhood disease; five times more common than asthma
- ❑ Eighty percent of all tooth decay is concentrated in 25 percent of generally lower income children
- ❑ Untreated tooth decay has been associated with failure to thrive, eating, learning and speech problems, and diminished self-esteem in very young children
- ❑ Children miss nearly 52 million hours of school per year due to dental disease
- ❑ Frequent snacking on sticky sugar-laden carbohydrates and drinking soda is the major contributor to dental decay
- ❑ Seventy-five percent of all adults have some form of periodontal (gum) disease

For more information on dental care, call the dental clinic at 782-4943.

Courtesy of the dental clinic

FitLinxx: programming for success

By Staff Sgt.
Robert Wollenberg
8th Fighter Wing Public Affairs

First initiated two months ago, the FitLinxx program now has more than 300 people enrolled with many more awaiting personal identification numbers.

“Slowly but surely interest has risen as more people see the advertisements out front and inquire about the computers attached to the equipment,” said Tech. Sgt. Charles Marshall, former fitness center director.

Currently this program is a Pacific Air Forces program, but may be adopted by the rest of the Air Force in the future, said Staff Sgt. Stephon Gaines, fitness center director.

This computerized network system brings the Wolf Pack and it’s workout programs into the 20th century by automating things like tracking individual or group workout performances, and monitoring individual range of motion and speed — aiding in evaluating a workout to determine when to increase weight, providing workout feedback specific to each exercise, and more.

“FitLinxx is like a buddy, a reminder of the things you should be doing like taking your time when you’re lifting, how much weight you should be lifting, and what machines you should go to on which days,” Gaines said.

Marshall went on to say that after six weeks, most people who are weightlifting see a gain in the amount of weight they can lift and the machine will actually tell the lifter he has reached his target weight and it’s time to add five pounds to the next set. The equipment can also give you advice.

“FitLinxx is a great program. Before FitLinxx, I never really kept track of my workouts, but now, it keeps track of my workouts for me. And, with the ranking system, it’s more competitive,” said Staff Sgt. Robin Matthews, FitLinxx program participant.

Another advanced feature of FitLinxx is any internet-connected computer can access it. This allows individuals to take advantage of all the FitLinxx benefits, even at home.

For the trainers, FitLinxx does away with all the



Photo by Staff Sgt. Robert Wollenberg

Gettin’ FitLinxx’ed: Senior Airman Dan Timmons, 8th Maintenance Squadron F-16 avionics technician, performs leg extensions on a Cybex weight machine at the Kunsan Fitness Center Wednesday. Timmons is one of several Kunsan base members who are waiting for their personal identification numbers to begin using the FitLinxx system. Cybex is one of the weight machines at the gym fitted with the FitLinxx system.

paperwork previously involved with tracking individual and unit exercise programs. It frees them up to be able to spend more time with individuals who require their attention. It can also more easily track progress and evaluate exercise programs through the use of the software.

“With the FitLinxx system, we can print out the top performers in various

areas such as weightlifting or cardiovascular and will soon be able to print out performance measures by flight, squadron, group, etc., creating friendly competitions,” Marshall said.

Eventually FitLinxx will absorb the Fit To Win program. As you reach new levels and build up points, awards will be available such as water bottles and T-shirts.

Also, any sport can be logged into FitLinxx such as racquetball, basketball, and bowling. The walk to the gym, etc., can also be logged in.

If you are interested in the FitLinxx program for yourself or your unit, call your unit fitness representative who can enroll you in the program and show you how to properly use FitLinxx and the equipment.



Tobacco Fact: Before 1930 lung cancer was a rare disease not listed on the International Classification of Disease system in the United States. As a young cancer surgeon, Dr. Alton Ochsner saw six lung cancer patients in a single year and concluded that an epidemic of lung cancer must be under way. All these patients were male, and all had a history of heavy cigarette smoking. For information about smoking cessation classes, call the Health and Wellness Center at 782-4305.

BITC: Taking care of Kunsan



The mission: Serving the Wolf Pack by providing outstanding postal service through highly trained postal clerks, efficient operations and a proud family of postal profession.



Photos by Senior Airman David Miller

Top left: Staff Sgt. Kendall Mills, 8th Communications Squadron, sorts mail into different boxes Wednesday. The Base Information Transfer Center **Top right:** Mills gets ready to go distribute mail Wednesday. **Bottom Left:** Airman Mahlia Eans, 8th CS, fills out paperwork before a package gets mailed Wednesday. **Bottom Right:** Mills makes a final check before distributing mail to various buildings on base Wednesday.

